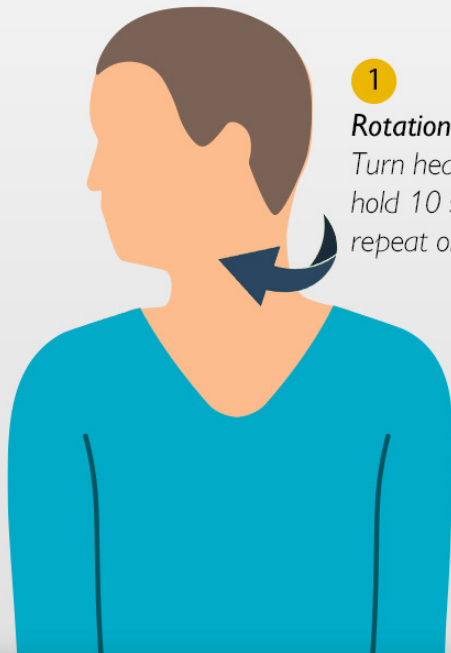


# TAKE A SELF-CARE BREAK

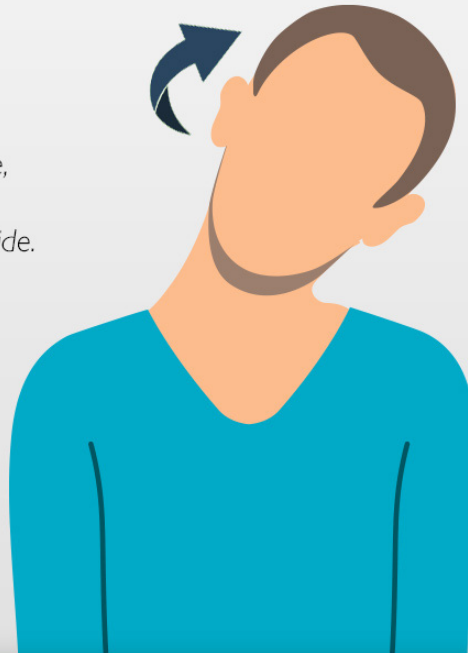
## TRY SOME NECK STRETCHES



1

**Rotation Stretch:**

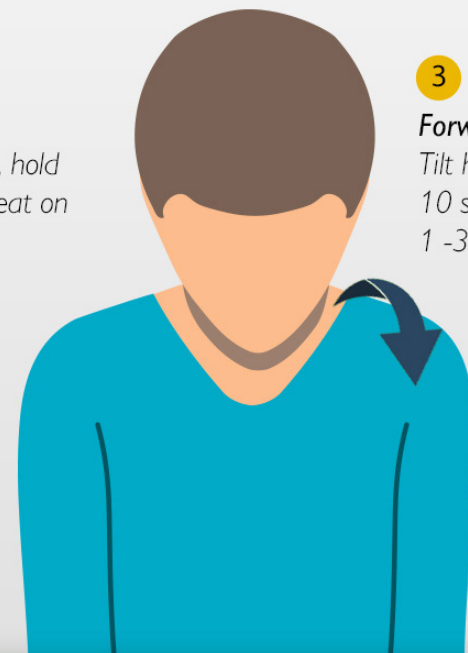
Turn head to one side, hold 10 seconds and repeat on the other side.



2

**Side to side stretch:**

Tilt head to one side, hold 10 seconds and repeat on the other side.



3

**Forward stretch:**

Tilt head forward, hold 10 seconds and repeat 1 -3 times.

For more self-care break exercises, visit: [bit.ly/owbselfcare](https://bit.ly/owbselfcare)